



CALIFORNIA AFRICAN AMERICAN 5 A DAY CAMPAIGN

African American Health Statistics

The African American community is disproportionately affected by heart disease, diabetes, cancer, stroke and obesity. The *California African American 5 a Day Campaign* was created by the California Department of Health Services Cancer Prevention and Nutrition Section (CPNS) to invigorate and engage the African American community in developing programs and strategies for improving this health crisis.

RISK FACTORS

Diet

- African American adults, on average, consume only 3.2 servings of fruits and vegetables a day.¹
- Nearly half (49%) of African Americans have two or fewer servings of fruits and vegetables a day.¹

Motivators and Barriers

- For African Americans, taste and trying to eat healthier were the reasons most often listed for why they eat fruits and vegetables.¹
- Among African Americans who think they should eat more fruits and vegetables, over half listed difficulty buying fruits and vegetables at work and at fast food restaurants as the two leading barriers to eating more fruits and vegetables. The third most cited reason for not eating more fruits and vegetables was they are too expensive.¹

Physical Activity

- In California, 22 percent of African Americans reported they did not participate in any leisure time physical activity in the past month.¹
- Rates of inactivity are higher among women with 29 percent of African American Women in California reporting no leisure time physical activity over the past month.²

Overweight and Obesity

- More than one-fourth (27%) of African American adults in California are obese.²
- In total, 65 percent of African Americans in California are overweight and obese.²



¹ Cancer Prevention and Nutrition Section. *California Dietary Practices Survey*. Unpublished 2001 data tables. California Department of Health Services, Sacramento, CA.

² Survey Research Group, Cancer Surveillance Section. *California Behavioral Risk Factor Survey*, 2002 data. California Department of Health Services, Sacramento, CA.

CHRONIC DISEASE

Heart Disease

- Cardiovascular diseases (CVD) rank as the number 1 killer of African Americans, claiming the lives of more than 37 percent of the more than 285,000 blacks who die each year.³
- About four in every ten African American adults (non-Hispanic) have CVD.⁴ This includes diseases of the heart, stroke, high blood pressure, congestive heart failure, congenital heart defects, hardening of the arteries and other diseases of the circulatory system.³
- The rate of high blood pressure (HBP) in African Americans in the United States is among the highest in the world.³

Cancer

- African Americans are less likely to survive for 5 years after being diagnosed with cancer than whites at all stages of diagnosis.⁵
- This may be due in part to the fact that cancer among African Americans is frequently diagnosed when the disease is in a more advanced state.⁵
- Although cancer death rates decreased for African Americans in the 1990's, African Americans, and African American men in particular still have a higher death rate from all causes of cancer compared to whites.⁵

Diabetes

- In 2002, approximately 2.7 million or 11.4 percent of African Americans in the US had diabetes.⁶
- African Americans were 1.6 times more likely to have diabetes than whites.⁶
- Compared to Whites, African Americans experience higher rates of diabetes complications such as eye disease, kidney failure, and amputations.⁷
- Among African Americans in California, 9.1 percent reported they had been diagnosed with diabetes which is almost twice the rates of white Californians.⁸

LEADING CAUSES OF DEATH

- Heart disease and cancer are the first and second leading causes of death for African American adults 18 years and older in California and nationally.^{9,10}
- Heart disease and cancer combined to account for nearly half (48.6%) of all deaths among African Americans nationally¹⁰ and over half (52.2%) of deaths among African Americans in California.⁹
- Diabetes was the 5th leading cause of death among African American adults 18 years and older accounting for 704 deaths in California⁹ and 12,305 nationally during 2001.¹⁰

LEADING CONTRIBUTORS TO PREMATURE DEATH

Poor diet and physical inactivity are estimated to account for 400,000 premature deaths in the US in 2000 and if left unchecked, will likely pass tobacco in the near future as the number one cause of preventable death. That's five times more than are killed by guns, HIV, and drug use combined.¹¹



For more information on the African American 5 a Day Campaign please visit our website at www.ca5aday.com.

³ American Heart Association. *Heart Facts 2004: All Americans/African Americans*. Accessed at <http://www.americanheart.org/downloadable/heart/1073972265237Heart%20Fact%202004%20All-African%20Am.pdf> on June 30, 2004.

⁴ Estimates are age-adjusted to remove the effect of differences in the age distribution of population groups.

⁵ American Cancer Society. *Cancer Facts and Figures for African Americans 2003-2004*. Atlanta, GA: American Cancer Society. Accessed at http://www.cancer.org/docroot/STT/content/STT_1x_Cancer_Facts_Figures_for_African-Americans_2003-2004.asp on June 30, 2004.

⁶ Centers for Disease Control and Prevention. *National diabetes fact sheet: United States 2003*. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, 2003. Accessed at http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2003.pdf on June 30, 2004.

⁷ National Diabetes Information Clearinghouse. *Diabetes in African Americans*. National Institute of Diabetes and Digestive and Kidney Diseases, National Institute of Health, NIH Publication No. 02-3266, Bethesda, MD. 2002. Accessed at <http://diabetes.niddk.nih.gov/dm/pubs/africanamerican/index.htm#6> on June 30, 2004.

⁸ California Health Interview Survey. *AskCHIS 2001 data*. Accessed at <http://www.chis.ucla.edu/> on June 30, 2004.

⁹ Center for Health Statistics. *Vital Statistics of California 2001*. California Department of Health Services, Sacramento, CA. 2004. Accessed at <http://www.dhs.ca.gov/hisp/chs/OHIR/Publication/Highlights/VSC2001/VSC2001.pdf> on June 30, 2004.

¹⁰ Anderson R, Smith B. *Deaths: Leading Causes for 2001*. *National Vital Statistics Report*. Vol 52. National Center for Health Statistics, Hyattsville, MD. 2003. Accessed at http://www.cdc.gov/nchs/data/nvsr/nvsr52/nvsr52_09.pdf on June 30, 2004.

¹¹ Mokdad A, Marks J, Stroup D, Gerberding J. *Actual Causes of Death in the United States, 2000*. *Journal of the American Medical Association*, 291: 1238-1245.